



Update on School Wellness Regulations

TUESDAY – JANUARY 17 9:30-10:30AM



National School Board Association

Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially.



Final Rules of the Local Wellness Policy

- Part of the 2010 Healthy Hungry Free Kids Act
- July 29, 2016 – Finalized Regulations
 - Puts more emphasis on policy implementation, periodic review, and updates
 - Begin developing and revising policies during the 2016-17 school year
 - **Fully comply by June 30, 2017**



Comparison of 2004 vs. 2010

	2004 Requirements Child Nutrition WIC Reauthorization Act	2010 Requirements Healthy, Hunger-Free Kids Act
Overview	Directs local educational agencies (LEAs) to have a LWP in place for each school under its jurisdiction.	Strengthens LWPs and adds requirements for public participation, transparency, and implementation.
Elements of the Local School Wellness Policy	LWP to include, at a minimum, goals for nutrition education, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.	In addition to the 2004 requirements, the LWP is also to include goals for nutrition promotion.
Stakeholder Involvement	LEAs are required to involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of LWP.	In addition to the 2004 requirements, LEAs are now required to permit teachers of physical education and school health professionals to participate in the development of LWP.
Stakeholder Participation	The stakeholders named above are required to participate in the development of the LWP.	In addition to the 2004 requirements, LEAs are now required to permit all stakeholders named above and in 2004 to participate in the implementation and periodic review and update of LWP.
Local Discretion	LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act.	Same as 2004 requirement.



Goals

- Nutrition Promotion and Education
- Physical Activity
- Other School-Based Wellness Activities



Nutrition Standards

- For all foods and beverages SOLD:
 - School meal nutrition standards
 - Smart Snacks in School nutrition standards
- For all foods and beverages PROVIDED:
 - Classroom parties
 - Classroom snacks
 - Foods given as incentives or rewards

Nutrition Facts	
Serving Size 1 (20 g) (1/2 cup)	
Amount Per Serving	
Calories 200	Calories from Fat 40
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Sugars 1g	2%
Protein 1g	
Vitamin A	10%
Vitamin C	5%
Calcium	20%
Iron	45%

Smart Snacks

- All foods and beverages sold
- During the school day (before, during and 30 minutes after)
- Entire school campus
- Does not have to apply to classroom parties
- Does not apply to weekend, evening, or community events



Food & Beverage Marketing

- Do not allow the marketing or advertising for foods and beverages that do not meet the standards during the school hours:
 - Vending machines
 - Posters
 - Menu boards
 - Coolers
 - Trashcans
 - Cups for dispensing beverages
 - Scoreboards
- LEAS are not required to immediately replace equipment



Who is Involved?

- Establish wellness policy leadership
- Permit participation
 - Parents, students, school nutrition, physical education teachers, school health professionals, school board, and school administrators



Triennial Assessments

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

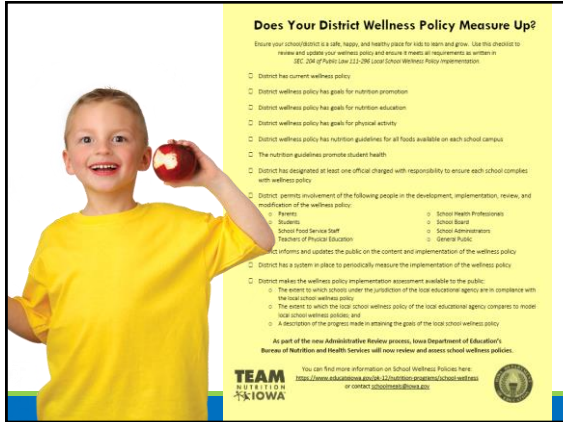


Public Updates

- The extent to which schools are in compliance and the district policy
- The progress made in attaining the goals of the local wellness policy
- Any updates to the policy



Electronic posting and distribution is allowable



Administrative Review

- ✓ Verification
- ✓ Income Application
- ✓ Meal Access and Reimbursement
- ✓ Meal Pattern and Nutrition Quality
- ✓ Civil Rights
- ✓ Procurement
- ✓ Water Availability
- ✓ Food Safety
- ✓ Professional Standards
- ✓ Local Wellness Policy
- ✓ Competitive Foods
- ✓ Outreach

Evaluating Compliance

- Annual school meals application - #46
- When the wellness policy was last reviewed
- Wellness policy contact



Wellness Section

- Determine if the policy includes:
 - Goals for nutrition education, physical activity, nutrition promotion, and other school-based activities that promote student wellness
 - Nutrition guidelines for all foods available on the school campus (sold or provided)
 - Food and beverage marketing that meets Smart Snacks
 - A plan for measuring implementation
 - Designation of one or more officials in charge of school compliance oversight

Documentation

- A copy of the current policy
- Documentation demonstrating the policy and assessments have been made available to the public
- Documentation of the district's efforts to review and update the Local School Wellness Policy
 - Including who is involved
 - Made stakeholders aware of their ability to participate
- A copy of the district's most recent assessment

1001. How does the public know about the School Wellness Policy?

1002. When and how does the review and update of the School Wellness Policy Occur?

1003. Who is involved in reviewing and updating the Local School Wellness Policy?

1004. How are potential stakeholders made aware of their ability to participate?

1005. Obtain a copy of the most recent assessment on the implementation of the Local School Wellness Policy.

School Wellness Policy Building Annual Progress Report

School Name:

Wellness Contact Name/E-mail:

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language (add more lines for goals as needed and change goal titles based on local policy language)	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers to implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. EXAMPLE: Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2.					
3.					
4.					
Physical Education and Physical Activity Goals					
1.					
2.					
3.					
4.					
Nutrition Guidelines for All Foods Available to Students					
1.					
2.					
3.					
4.					
Other School Based Activities Goals					
Integrating Physical Activity into the Classroom Settings					
1.					
2.					
3.					

1006. How does the public know about the results of the most recent assessment?

Model Wellness Policy

- Meets the minimum school wellness policy regulations
- The Alliance for a Healthier Generation Healthy Schools Program Bronze-level award criteria
- Minimum best practice standards accepted in the education and public health fields
- Includes optional policy language LEAs can use to establish a stronger policy
- School districts should choose policy language that meets their current needs and also supports growth over time



Why Have a School Wellness Committee?

- Schools can't do it alone
- Research endorses community connections
- Changing systems require infrastructure to support change



Highlight Success!

- New Meal Pattern
- Menu Marketing
- Entrée Choices
- Smart Snacks
- Vending
- Fundraising
- Water Availability
- Fruit and Vegetable Bar
- Grab and Go Breakfast
- Breakfast after the Bell
- 2nd Chance Breakfast
- Lunches from Home
- Student Handbook

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Programs



Provides curricula, posters, parent handouts, and other resources free of charge to schools

Aims to improve children's lifelong eating and physical activity habits

<http://teamnnutrition.usda.gov>

@TeamNutrition

Team Nutrition School

- Shows commitment to helping students making healthier food choices and be more physically active
- Receive special nutrition education promotions and first to hear about new resources
- Have the opportunity for your activities to be highlighted
- Requirement of the HealthierUS School Challenge: Smarter Lunchrooms award
- [Enroll or update on-line!](#)

Resources for Schools



Team Nutrition Elementary Resources



Team Nutrition Posters



MyPlate Super Tracker for MS/HS

- Create and manage a group of SuperTracker users
- Educators can:
 - Create a group
 - Invite others to join via email or with a group-specific access code
 - Run roll-up reports of group member dietary and physical activity data



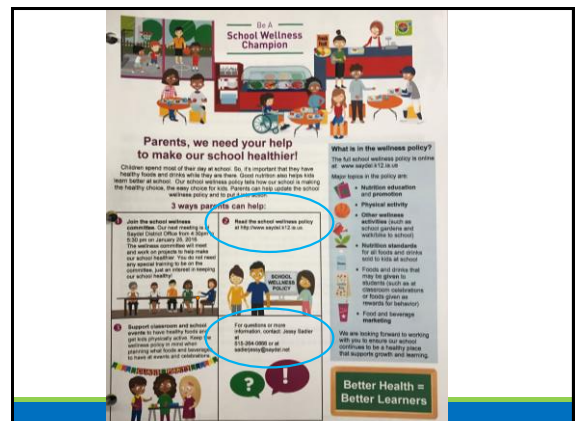
Find more information and a video tutorial on the [SuperTracker Groups page \(https://supertracker.usda.gov/AboutGroups\)](https://supertracker.usda.gov/AboutGroups)

School Wellness Webpage

- Sample Wellness Policy
 - Iowa Association of School Board **NEW!**
- Model Wellness Policy
 - Alliance for a Healthier Generation
- Does Your Wellness Policy Measure Up?
- WellSat Assessment Tool
- School Building Progress Report
- Administrative Review Questions

Team Nutrition Wellness Policy Took-Kit

- Customizable templates
 - Letter to principal
 - Parent flyer (English and Spanish)
 - Presentations for staff and parents
 - Newsletter article and social media posts



HealthierUS School Challenge: Smarter Lunchroom

- Voluntary national recognition award
- Excellence in nutrition and physical activity
- Reinforces Dietary Guidelines for Americans
- Includes *Smarter Lunchroom* techniques!



Smarter Lunchrooms



- No to low-cost strategies proven effective at creating an environment that encourages kids to make healthy choices
 - Promotion of fruit and vegetables
 - Make white milk the easy choice
 - Grab n' go reimbursable meals
 - Environment
 - Positive communication between staff and students



School Wellness Bulletin Boards and Signage Webpage



Healthy Schools Healthy Students

This monthly newsletter is published in partnership with Iowa Team Nutrition and Iowa Partners. Action for Healthy Kids and provides information on nutrition and physical activity programs, upcoming school wellness trainings and funding opportunities, and success stories from Iowa schools working to support healthy habits in their students and staff.

Previous newsletters

Carrie Scheidel (carrie.scheidel@iowa.gov)
Iowa Department of Education - Bureau of Nutrition and Health

Healthy Schools - Healthy Students is Getting Social!

Iowa Department of Education's Team Nutrition program has recently launched a Facebook and Twitter presence!

"Like Us" and "Follow Us" to find out about the latest funding opportunities, success stories across the state, and resources to support the wellness environment at your school. In addition, use both as a resource to "share" or "retweet" information to your followers as an avenue to promote school wellness. Please tag us in any posts you make as well.

Stay Connected!

Facebook: [healthyschoolsIA/](https://www.facebook.com/healthyschoolsIA/)

Twitter: [@IAhealthyschool](https://twitter.com/IAhealthyschool)

Healthy Schools
Healthy Students



Questions?

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Don't Spread Germs this Winter

Do the DAB!



Destroy - All - Bacteria
When You Sneeze!